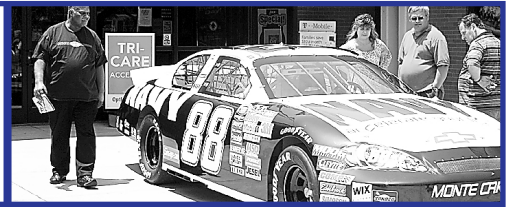


■ — p. 3 **STOLEN VA LAPTOP TURNED IN TO FBI**

■ — p. 4 **CNRC CHANGE OF COMMAND**

NAVY NO. 88 SETS SAIL IN THE WINDY CITY

■ p.8



Reflex BlueK



Photo By Art Frith

BIG BANG!

*See more photos of the happenings from
the 2006 Flag City Freedom Celebration at Navy Lake on Page 4*

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COMMENTARY



24/7 OPERATION SUMMER FORCE PRESERVATION

A few weeks ago, we entered what we like to call the Critical Days of Summer. From Memorial Day to Labor Day, the Navy incurs more off-duty mishaps and traffic deaths than it does the entire rest of the year. The statistics are always disturbing, especially since most of the deaths were preventable.

I always try to illustrate my points with current events. Most of you know what happened to Pittsburgh Steelers Quarterback Ben Roethlisberger. "Big Ben" was involved in a motorcycle accident and, because he wasn't wearing a helmet, suffered serious damage to his face, jaw and teeth. I don't think it takes a rocket scientist to figure out that, if he had been wearing a full-face helmet, he would have walked away from that accident with only minor damage.

Face it: The decisions you make affect your life and those around you. A poor choice can cost you a lot - physically, financially and emotionally. What's more, I truly believe the law of



BY FLTCM(AW/SW)
JON R. THOMPSON

averages works against us, and when any of us tempt fate, we are headed for a collision course with something bad.

My challenge to you this summer is to be there for each other and remind everyone to be alert, aware and able to manage risk all day, every day. It seems to me the Navy's on-duty safety record is superb, because we practice operational risk management all the time. We are safety experts. However, as soon as some of you

take off your uniforms, I think you also drop your guard and forget to factor in risk and safety. The results often hurt the Navy's readiness.

Now, if you're reading this thinking you're safe and you won't get hurt, consider the following statistics:

- * 220 sailors and Marines died in PMV and off-road duty recreational mishaps from summer 2002 to summer 2005;

- * 73 percent were between 18 and 26 years old;

- * 45 percent were drivers or passengers in cars or light trucks;

- * 31 percent of the total fatalities involved alcohol use;

- * 25 percent died in shore/recreational mishaps; and

- * 25 percent were motorcycle riders.

Shipmates, it's obvious that the younger you are, the more at risk you are. The average rank of those who have died in the past four years is E-3, and the average age is 22. The majority of the mishaps took place between midnight and 3 a.m. Sunday. We in the command master chief world often say, "Nothing good happens between midnight and 2 a.m." Each year, many of you prove that statement true.

The summer is so dangerous, because it's the period in which many of you go on family

vacations and often travel longer periods than you should without a rest or break. It's when the weather is ideal for outdoor and water activities. And it's also a time for cookouts and picnics, which often include alcohol consumption.

Now, before you think I'm a prude and think no one should ever drink alcohol, let me address alcohol consumption. First and foremost, no one in the Navy under 21 years of age can consume alcohol, because it's the law ... period. For those of you over 21, all any leader can ask is for you to drink responsibly. Drinking responsibly means NEVER driving after drinking. It means naming a designated driver. It also means preventing your shipmates from drinking and driving.

While alcohol does play a factor in many mishaps, it's not the only factor you need to consider. Some of the less-publicized things you need to do to be safe are:

- * Always wear a seatbelt and ensure everyone else in your vehicle wears theirs, as well;

- * Drive the speed limit;

- * Get plenty of rest before a trip and don't try to drive too far in a single day;

- * Do not drive and use your cell phone or do other distracting activities;

- * Maintain your vehicle; and

- * Respect road conditions.

In addition to driving safety, off-duty recre-

ation mishaps are also high in the summer months. Here are a few tips to help keep you, your friends and your family safe:

- * Learn water survival skills;

- * Don't leave camp fires unattended.

- * Make sure your grills are in proper working order and never put your face over the grill;

- * Hydrate and don't over-exert yourself in the heat;

- * Stay out of storms, especially when lightning strikes are probable; and

- * Stretch before you exercise and don't overdo it.

Although most of what I have mentioned may seem like common sense, I know better. Each year, the statistics prove common sense is often discarded. Why sailors put themselves in risk is always a mystery. My hope is that each of you realizes life is short, accidents happen, and that our bodies are fragile. In an instant, our lives can be shattered, when we make a bad decision or discard safety.

Shipmates, have a great summer. Have fun with your friends and family. Go on vacation and have a good time — but above all, be safe. Think before you drink, plan before you drive, stretch before you work out, and try to keep in mind your limits. Your Navy needs each and every one of you ... healthy, strong and full of spirit! Good luck.



Legally speaking

By Lt. Heather Cassidy and Lt. J.G. Murse
U.S. NAVY JAG CORPS

Knowing your rights under the Uniformed Services Employment and Reemployment Rights Act

What is USERRA?

When a service member or reservist returns from deployment or call to active duty, one of the first concerns they may face is reemployment in a civilian position held prior to deployment or activation. In 1994, Congress enacted the Uniformed Services Employment and Reemployment Rights Act (USERRA) in an attempt to protect service members from suffering financial losses when returning to civilian work following uniformed service. Under USERRA, individuals who voluntarily or involuntarily leave employment to undertake uniformed service have the right to be reemployed in their civilian job, provided that certain eligibility requirements are met.

Eligibility Requirements

In order to qualify for the protections under USERRA, the member must be leaving the civilian employment to undertake uniformed service. Uniformed service is defined as active duty, training for active or inactive duty, National Guard duty under federal control, or an examination to determine fitness for such National Guard duty. Participation in other services, such as funeral honors duty, the National Disaster Medical System and an authorized training program, may also qualify as service in the uniformed services.

Notice

In addition, the member must have held the civilian job prior to leaving for service in the uniformed services. Furthermore, the member must have provided notice to the employer that they will be leaving the job to participate in the uniformed service. Notice can be oral or written, but written notice is always preferable for documentation purposes. Notice can be provided by the individual in the service, or by the appropriate officer in the branch of service in which the individual will be serving. There are few exceptions to the notice requirement when either military necessity prevents it, or when it is otherwise impossible or unreasonable. These exceptions are evaluated on a case by case basis.

Duration

USERRA requires that the cumulative length of the absence, and all previous absences resulting from the member's uniformed service, not exceed five years.

Most types of service will be cumulatively calculated. There are, however, eight categories of service that are exempt from the five-year rule. The most common categories include: (1) required training for Reservists and National Guard members who participate in monthly and annual required drills, and (2) service under an

order to remain on active duty because of war or national emergency declared by the President or Congress is also exempted.

Disqualifying Service

Certain kinds of disqualifications from the service eliminate an otherwise eligible service member from receiving protections under USERRA. Separation from the service with a dishonorable discharge, a bad-conduct discharge or an other-than-honorable discharge will disqualify an individual. Dismissal of a commissioned officer by reason of a court martial or by order of the President in a time of war is also disqualifying. Finally, an individual who has been dropped from the rolls of service due to unauthorized absence for more than 30 days or who is imprisoned by a civilian court is disqualified from USERRA protections.

Job Protections

If the above listed conditions have been met, USERRA provides protection so that the member will be reemployed and restored to the position and benefits the member would have attained if not absent due to uniformed service. The statute provides that if the service lasted less than 91 days, the individual is entitled to return to the position he or she would have retained had there been no interruption due to service, so long as they are qualified to perform the duties required for that position. If the service lasted more than 90 days, the individual should be restored to the position they would have retained had there been no interruption due to service, or a job of like seniority, status and pay, so long as they are qualified to perform the duties required for that position. In both of the situations mentioned above, if the individual is not qualified to perform the duties of the position described, they are to return to the position they held the date of the commencement of the service in the uniformed service, and if they served for more than 90 days, a job in like seniority, status and pay.

Health Insurance Protections

USERRA also allows eligible members to continue their existing employer-based health care coverage, including dependent coverage,

for up to 24 months while performing uniformed services. Even if the service member elects not to continue coverage during service, coverage can be reinstated by the member when reemployment occurs, normally without any waiting period. Additionally, USERRA limits the amount a service member may be required to pay for continuing health care coverage while participating in uniformed service. Currently, USERRA limits the cost to the service member to no more than 102 percent of the full premium for the coverage, except for members performing services for 30 days or less who may not be required to pay more than the employee share for health care coverage.

Discrimination and Retaliation Protections

In addition to protecting a service member's reemployment and benefits, USERRA has established clear guidelines to shield against discrimination and retaliation. If a person is a past or present member of the uniformed service, has applied for membership in the service, or is obligated to serve in the service, an employer may not discriminate against that person by denying initial employment, reemployment, retention, promotion, or any benefit of employment based on that status.

Furthermore, USERRA also contains whistleblower protections that prohibit retaliation against individuals who assist in the enforcement of USERRA, regardless of that individual's connection to the military or uniformed services. Assistance can include reporting violations of USERRA, testifying or making statements regarding violations, or participating in an investigation. Proving a violation of USERRA based on discrimination or retaliation is a burden that falls initially on the individual seeking USERRA protection. The Veterans Employment and Training Service of the U.S. Department of Labor has been authorized to investigate and enforce violations of USERRA.

If you believe your rights under USERRA have been violated, or if you have questions regarding your right under USERRA, contact the Naval Legal Service Office Central at 874-7379 for more information.

CALENDAR OF EVENTS

The National Night Out Committee's next meeting is July 12 at 10 a.m. in Classroom Number 1 located on the first floor of Bldg. 239.

Comics on Tour returns to the Helmsman Complex Ballroom on July 14. See this week's MWVR pages for details.

Drug Education for Youth (DEFY) will hold its summer camp July 14-18. Contact MA2 Eric Freeman @ 874-5533 for more information.

The Base Chapel is sponsoring a 5-Day Bible Club starting on July 17. The FREE event will be held at the NSA Youth Center. Contact the Chapel Center @ 874-5341 to sign up or for more information.

FREE Dental Exams and cleanings are being offered by the Memphis and Shelby County Health Department's School Based Dental Program for children age 5-15, now through July 28 at two Memphis locations. Call 545-8801 for more information.

This civilian enterprise newspaper is an authorized weekly publication for members of the military services. Contents of *The Bluejacket* are not necessarily the official views of or endorsed by the U.S. Government, the Department of Defense or the Department of the Navy. The appearance of constitute endorsement by the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense, or *The Millington Star*, of the products or services advertised.

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Chaplain's Corner

A ROMANTIC WEEKEND GETAWAY!

BY CHAPLAIN ROB BEEDE

Picture yourself having a wonderful weekend at a luxurious hotel with your spouse, spending time together and enjoying growing closer in your relationship, having fun doing it and not having to pay for it! Too good to be true, you say?

We are hosting a Marriage Enrichment Retreat July 28-30 at the Doubletree

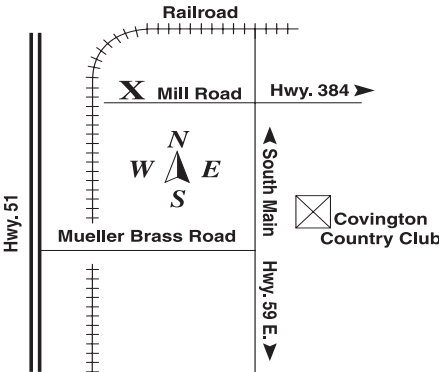
Hotel in Memphis. All costs are paid, including lodging, food and parking. The weekend has some very enjoyable sessions designed to help make your relationship even better, along with much couple time for you two to enjoy alone! Couples who went on the last retreat gave it a huge, two-thumbs-up rave review!

Someone may ask, "Okay, what's the catch?" There is no catch, other than you have to provide your own child care. Now you're asking, "What do I have to do to attend?" All you have to do is sign up and show up. We still have a few slots left. For more information or to register, call the Base Chapel at 874-5341.

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475-3336

HYDRANT FLUSHING TO BE CONDUCTED

NSA Mid-South will be performing a quarterly fire hydrant flushing in July. During the flushing, the water in your facilities or houses may appear cloudy. This occurs when the sediments in the water that accumulated in the bottom of the pipe over the year are stirred up during the flushing exercise. The sediments are harmless and occur normally in a water distribution system. The cloudiness will clear up a couple of days after the flushing. Below are the areas and schedules of the flushing effort:

Southside

- 10 July - hydrants 64, 65, 106, 107, 158
- 11 July - hydrants 161, 254, 255, 256, 258
- 12 July - hydrants 164, 36, 128, 77, 79, 80

Southside housing

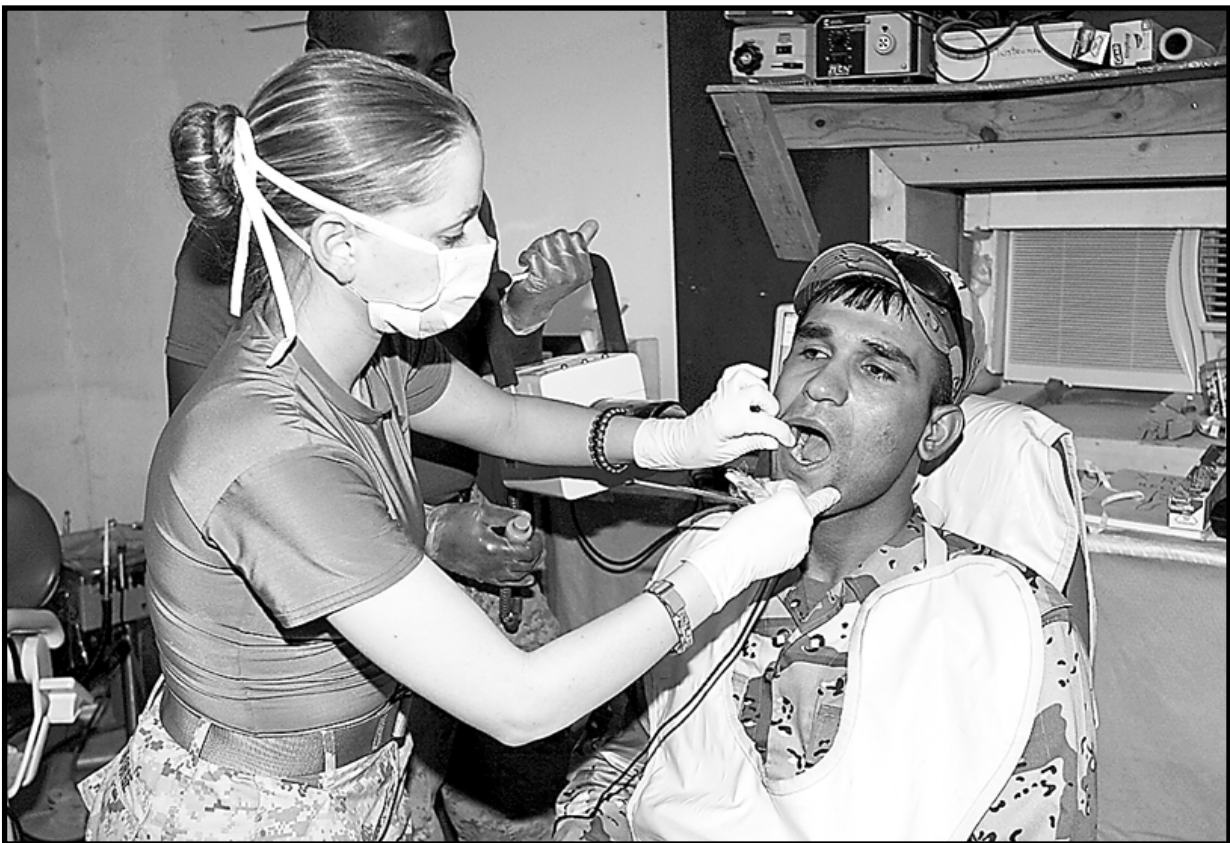
- 13 July - hydrants 231, 284, 290, 291, 93
- 14 July - hydrants 94, 99, 101, 104, 236, 238

Northside/Wherry housing

- 17 July - hydrants 6, 251, 252, 26, 32, 48, 51, 300

For more information, call John Bryant at 874-7290

EYE ON THE FLEET



Say Ahhhhhh” - HM3 Sondra R. LaForge, assigned to 1st Dental Battalion, Combat Logistics Battalion-5 (CLB-5), 1st Marine Logistics Group takes an X-ray before performing oral surgery on an Iraqi soldier at Camp Al Taqaddum. Marine Expeditionary Force is deployed to Iraq in support of the Global War on Terrorism. (Photo by Cpl. Samantha L. Jones)

Stolen VA laptop turned in to FBI

By STEVEN DONALD SMITH
AMERICAN FORCES PRESS SERVICE

The stolen Department of Veterans Affairs laptop computer and hard drive containing the personal information of more than 26 million veterans were turned in to the FBI on June 28, the Veterans Affairs secretary said before Congress.

Reports indicate that the FBI has made a preliminary determination that data contained on the computer and hard drive has not been accessed.

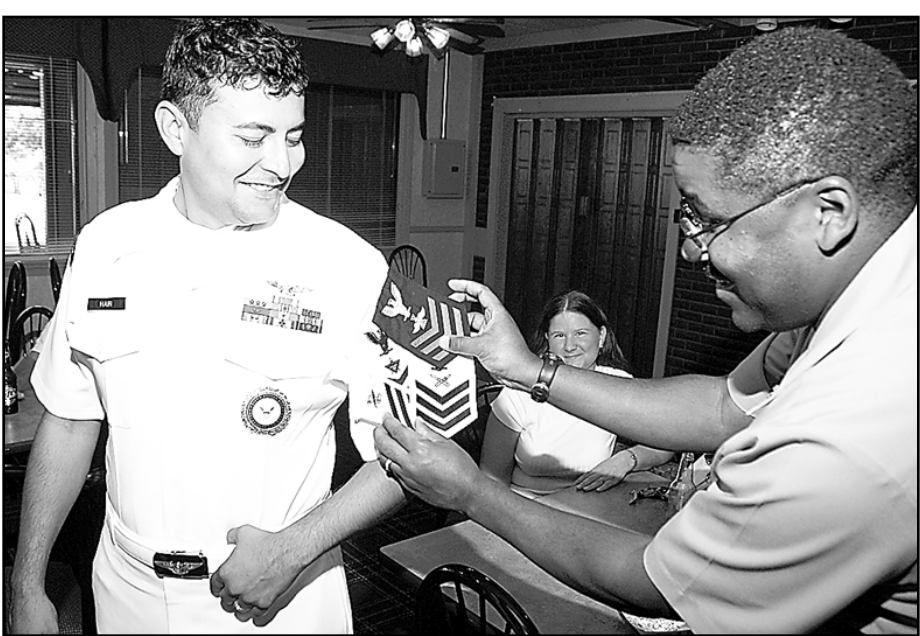
There have been no reports of identity theft or other criminal activity related to the stolen computer, R. James Nicholson told the House Veterans Affairs

Committee. He added that the VA would still honor its promise of free credit monitoring for a year.

An unnamed individual turned over the laptop and hard drive to FBI officials in Baltimore. No persons are in custody at this time, officials said.

The laptop and hard drive were stolen from the Montgomery County, Md., home of a VA employee on May 3. Government officials do not believe the data on the laptop was the target of the burglary, and consider the break-in a random theft.

“This has brought to the light of day some real deficiencies in the manner we handled personal data,” Nicholson said. “If there’s a redeeming part of this, I think we can turn this around.”



And the Four become One

DMI (AW) Mario Hair looks on as PHC (AW/SW) Essex Moore fans out the JO, LI, and PH rating badges on his sleeve as a parting gesture. Active duty and retired members of the ratings attended a wake last Friday, hosted by sailors assigned to Navy Recruiting Command at the Glen Eagle Golf Course Club House. They came together to say, “Good-bye,” as, at the stroke of midnight, the four ratings faded into naval history to become the new Mass Communication Specialist (MC). (Photo by Art Frith)

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ACROSS

1 Black beef cattle

6 Defeat handily

10 Certain horses

14 Bounded

15 You may get a hand here

16 Succulent plant

17 Neighbor of Fiji

18 Oil port

19 Subject, usually

20 December 25, in a way?

22 They have their orders

23 Ancient alphabetic characters

24 Counterbalance, financially

25 “What ___ up must come down”

29 Word-breaker

31 Removes a bottle cap, perhaps

33 Saudi Arabian capital

37 Gives consent

38 Legendary siren

39 Try again, as a court case

40 So-so

41 Fermi’s field

43 All bets are off after this

44 Right of final decision

47 Women’s formal wear

49 Unpleasant thing to eat

50 May description, in a song

55 Flirtatious stare

56 ___ Major

57 Brick made of clay and straw

58 One of the Gospels

59 Brit’s bit (of tea)

60 Broadcast more than once

61 Office furniture

62 Sound upstairs

63 Ivans IV and V, e.g.

DOWN

1 Moreover

2 Type of tide

3 Clue or backgammon, e.g.

4 Well-briefed about

5 Riser plus tread

6 Some police tactics

7 Shows bashfulness, in a way

8 Malaise

9 Skeletal

10 Unusually good 365 days

11 Audibly

12 In one’s salad days

13 Have a hunch

21 The baby’s room

24 Some whodunit suspects

25 Plant that makes gum

26 It’s enough for some

27 Permanently mark

28 Important seven-day TV ratings period

30 In a coarse manner

32 43rd state

34 Goya’s “The Duchess of ___”

35 Sandwich shop

36 Went in haste

38 Tear jaggedly

40 “A Star is Born” director

42 Tibetan guide

44 Reprimand

45 Debate

46 Egg parts

48 Eligible for Mensa

50 Make messy or untidy

51 Poems of praise

52 One of Asta’s owners

53 Skier’s conveyance

54 Brood overseers

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U.S. News and World Report 2004

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CELEBRATING

THE Fourth OF JULY



**Photos By
David W. Crenshaw**

Approximately 20,000 area residents turned out at Navy Lake on Monday night for the annual Flag City Freedom Celebration. The event featured food, fun and music by the Navy Band and culminated with a \$25,000 fireworks display. For more photos, check out the NSA Mid-South Web site at <http://nsamid-south.navy.mil> and click on the picture of the fireworks.

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LEGAL LESSONS

**By David Britton Peel
Attorney at Law**
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EVEN A CONFESSION IS NOT ENOUGH

John Couey, a 47-year-old convicted sex offender, gave a confession to the brutal rape and murder of little Jessica Lunsford, to the police. He told them where he had buried her, and they found her body. She was still barely alive when this devil buried her. She was found clutching her stuffed animal for comfort.

This deviant, evil monster had kidnapped, raped and tortured an innocent 9-year-old girl.

But, during the confession, he apparently also told them that he wanted to talk to a lawyer. He had the right to ask that, and any interrogation must stop at that point. While I have not ever worked in criminal law (and have no desire to) this is a basic right of any accused. The police did not let him talk to a lawyer.

Detectives Scott Grace and Gary Atchison have testified that Couey's request for a lawyer came directly after Grace mentioned a polygraph test. They contend that they weren't sure if he wanted a lawyer immediately or for a later polygraph test, so they kept on questioning him without his talking to an attorney.

So, a judge just ruled that confession of a man charged with kidnapping, raping and killing this precious 9-year-old cannot be used against him in his trial. In the law, this is known as the "fruit of the poisonous tree." In other words, everything that comes from (what turns out to be) an illegally obtained confession will be thrown out of court. This highest penalty is supposed to make the police be extra careful with questioning.

Defense attorney Dan Lewan asked that the discovery of Jessica's body also not be allowed to be used in court because Couey told authorities where to find her during the same confession. But the Court believed the prosecutors when they argued that investigators would have found Jessica's body anyway. Legally, that means that the discovery of her body can still be used as evidence. The argument that evidence would have been found another way (other than the confession) takes it out of the "fruit of the poisonous tree" penalty discussed above.

Our rights to an attorney in a criminal questioning have come at a high cost: the innocent victims of crimes who are victimized all over again as their murderers and rapists may walk free due to the "rights of the accused."

Sometimes, like in this case, I do long for the days of West – when the worst offenders were wanted: "Dead or Alive."

But all our Constitutional freedoms are due to those God-fearing Founding Fathers and the deaths and injuries of countless soldiers on many battlefields. May God bless our fighting men and women.

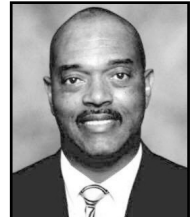
— *David Britton Peel is a Millington attorney who primarily handles serious injury, death and disability cases, along with closings and wills. If you would like to contact Mr. Peel, you may do so at 901-872-4229 or at dpeel@bigriver.net. Mr. Peel is also available to speak to your church or club.*

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Friday, July 14, 2006

Helmsman Complex bldg. S-760

Tickets available at the ITT Office.
Call 874-5455 for more information.



Dinner and Show Tickets - \$12

Dinner 6 p.m., Show 7 p.m.

....Menu....

Caesar Salad, Carved Roast Beef
Teriyaki Chicken Breast
Roasted Dijon Potatoes, Wild Rice
Broccoli/Cauliflower Medley
Croissants,
Iced Tea -- Coffee

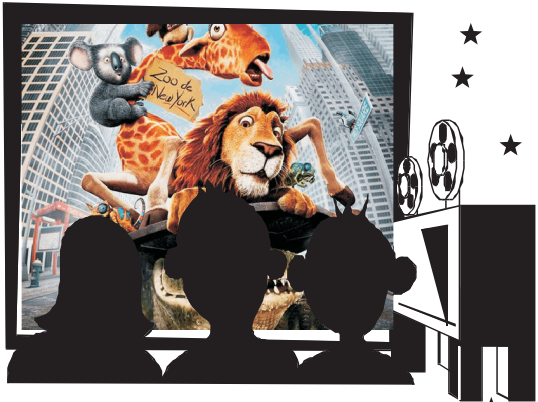
7 p.m. Show - tickets \$5

Non -dining guest seated following dinner

9 p.m. Show - tickets \$5

John Finn Lounge (Some Adult Content)

Free show tickets available for Active Duty!



FAMILY MOVIE DAY!
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every Saturday 1 - 4 p.m.
(Movie begins at 1:30 p.m.)

The whole family is invited!
Drop by to enjoy a family rated movie and popcorn.
Challenge your child to a game of pool, let them
dazzle you with their video game prowess or just
hang out together.

Sat. July 1 - *The Wild - G*
Sat. July 8 - *The Wild - G*
Sat. July 15 - *Brother Bear - G*
Sat. July 22 - *Mulan - G*
Sat. July 29 - *Home Alone 2 - PG*

Family Movie Day is open to all MWR authorized patrons. MWR
authorized patrons are defined as all personnel who live and work
onboard Navy Mid-South as well as Active Duty, Retired, and Reserve
Military Personnel, Naval Support Activity Mid-South civilian personnel
and their family members. Youth under 18 must be accompanied by a
parent or guardian 18 years of age or older.

Ellison Recreation Center bldg S-499 NSA Mid-South. (901) 874-5650.

Youth Center “Gentle” Reminder Classes start first week in August!

It is now time to review your plans and/or to register
your child for Before and After School Care



School begins for Shelby County students on Monday, 7 August.
Tipton County students return to school for a half day on 2 August
and then full days on 7 August.
Memphis City and area private school students
are reminded to check your calendar to make certain
you are prepared for registration and your first day of school!

NSA MID-SOUTH YOUTH CENTER SCHOOL-AGE CARE (SAC) PRIORITY PLACEMENT REGISTRATION Before & After School Program (BASP) '06-07

Date listed is the start date for each category. Sponsors may register on or after the date listed for their category.
A Waiting List (CEWL) will be established for any SAC program that exceeds the registration limit.

Registration is held Monday - Friday between 8:30 am-4:00 pm.

Alternate registration days & times are available through appointment only.
Family Enrollment Fee: Before School \$7.50; After School \$12; Before & After School \$18.50 per family
Family Enrollment Fee is non-refundable, however it is applied towards the first weekly fee.
For further information, call 874-5155.

CATEGORY		BASP* '06-07 REG. BEGINS	DOCUMENTS REQUIRED TO REGISTER Sponsor's ID, copy of child's shot record, up-to-date YC paperwork** & copies of the following:
1	Single Active Duty	15 June	LES & Family Care Plan
2	Dual Active Duty	16 June	LESS & Family Care Plan
3	Active Duty w/working spouse	21 June	LES & pay stub
4	Active Duty w/student spouse	22 June	LES & proof of registration and/or grade report
5	Single DoD	23 June	LES & separation/divorce papers
6	Dual DoD	28 June	LESS
7	DoD w/working spouse	29 June	LES & pay stub
8	DoD w/student spouse	30 June	LES & proof of registration and/or grade report
9	Active Duty w/non-working spouse	5 July	LES
10	DoD w/non-working spouse	6 July	LES
11	DoD Contractors	7 July	Pay stub(s) & supporting documents if necessary
12	Active Duty Coast Guard	12 July	LES & pay stub(s)
13	Retired Active Duty	13 July	LES & pay stub(s)

* Before & After School Program: transportation provided to/from E.E. Harrold, Lucy & Millington elementary schools.
** Paperwork can be printed by logging onto the Youth Center's page at nsamidsouth.navy.mil or visit the YC (Bldg. 936).

From the Intramural Sports Coordinator:

**The Athletic Office is
accepting sign ups and rosters
for the following Intramural Sports**



Intramural Co-ed Softball League

This is an Intramural Sport that generates Captain's Trophy Participation Points; therefore teams must be formed from members of individual Commands, units or competitive codes. Teams must also be formed with at least 5 female and 5 male. So get your squads identified to represent your command, unit or code and turn in your roster or rosters no later than Thursday, July 20. You can bring your team roster to the Athletic Office at the N-82 Gym, Fax to 874-5409 or e-mail to Apruitt@nsams.navy.mil. There will be coaches meeting on Friday, July 21 at 11a.m. at the N-82 Gym with play to begin on Tuesday, July 25.

Navy Dodge ball

Sign up no later than Friday, July 21. There will be coaches meeting on Monday, July 24 at 11a.m. at the N-82 Gym with play to begin on Tuesday, July 25. If you have any questions or need further information please contact Amy at 874-5383.

Intramural Sports Calendar Season (Start - End)

Volleyball League (men's rules) February-March
Over 35 Basketball (Inter-command) March-April
Soccer League March-April
Tennis League April-June
Bowling (At Bartlett Lanes) June-August
Softball League (SP Men's rules) April-July
Golf League May-July
CO-ED Softball League (SP) August-September
Flag Football League September-December
Racquetball League September-December
CO-ED Volleyball League November-January
Basketball League November-February



Eagle's Peak Grille

Glen Eagle Golf Course NSA Mid-South Millington, TN

Breakfast

Egg sandwich	
with choice of meat	\$2.50
Pancakes	\$3.50
French Toast	\$3.50
Sunrise Special	\$3.75
2 Eggs with Choice of Meat (Ham, Sausage or Bacon) Hash browns or Grits... Toast or Biscuit Coffee, Soda or Tea	
Good Morning Special	\$4.25
Three Egg Omelet with choice of 2 filling (2 meats extra) American Cheese, Swiss Cheese, Pepper jack Cheese, Provolone Cheese, Green Pepper, Onion, Mushroom, Tomato, Ham, or Bacon, or Sausage... Hash browns, or Grits... Toast or Biscuit	
Western Omelet	\$5.50
Hash browns or Grits... Toast or Biscuit Coffee, Soda or Tea	
All Breakfast choices come with your choice of sausage, bacon or ham.	

Lunch

Hot Dog	\$2.00	Combo \$3.25
Hamburger	\$3.25	\$4.50
Cheeseburger	\$3.50	\$4.75
Chicken breast	\$3.50	\$4.75
Chicken Philly	\$4.25	\$5.50
Beef Philly	\$4.25	\$5.50
Club Sandwich	\$4.00	\$5.25
French Fries	\$1.00	\$1.00
Onion Rings	\$1.50	\$1.50
Combo includes French Fries and drink		
Call 874-5415 for Daily Lunch Specials and get your order TO-GO!		

Grille Daily Specials

Thursday, July 6
Fried Chicken Salad
Friday, July 7
Fried Catfish or Shrimp
Monday, July 10
Red Beans and Rice
Tuesday, July 11
Tuna/Macaroni Salad
Wednesday, July 12
Baby Back Ribs
Thursday, July 13
Chicken Enchilada Casserole
Friday, July 14
Fried Catfish or Shrimp

Morale, Welfare and Recreation

Looking for summer fun? See what's new at ITT!

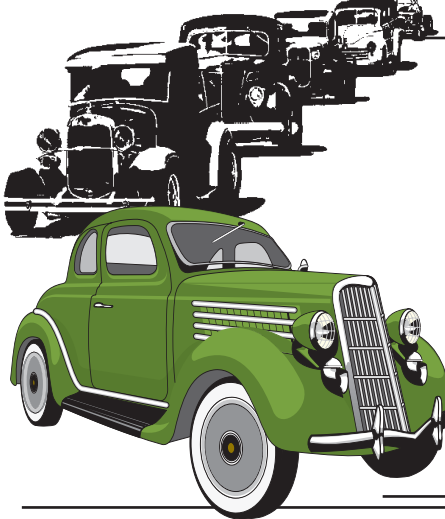
For more information or tickets stop by Information, Tickets and Travel Office, in the Helmsman Complex Bldg. S-760 Navy Mid- South or call (901) 874-5652/5455, 1-800-779-4252.



Nashville Shores: 8 huge water slides, Tropical Suntan Lagoon, The Wacky Pond, The Aqua Park, Paddle Boat Rides, miniature golf, and white sandy beaches. Nashville Shores has plenty of Wet & Dry activities and fun for all ages. ITT has your discount ticket: \$16 Buy One Get One Free! Regular price: \$23.98 each

	ITT Price	At the Gate
Six Flags St. Louis	\$28.00	\$48.50
Six Flags Over Georgia	\$30.00	\$53.00
White Water	\$25.00	\$36.50
Six Flags Fiesta Texas	\$28.00	\$50.81

Magic Springs \$26.00 \$41.98
(Free to Active Duty with picture ID)



National Street Rod Trip

ITT Weekend trip to Street Rod Nationals in Louisville Kentucky scheduled August 4-6
Single \$198 Double \$306

Cost includes tickets to National Street Rod Association and the Corvette Museum; hotel accommodations at the Hampton In Bowling Green and round trip transportation onboard MWR Coach Bus Deadline to sign up July 1, 2006. Minimum of 20 required



We'd love to have you join us for an amazing night of baseball excitement. Come cheer on the Redbirds as they take on Round Rock!

Monday, July 17, 7:10 p.m.
at the AutoZone Park
Tickets \$8.25 each

Need a ride? No problem!
Round trip transportation is available "free of charge" from Navy Mid- South. To ride with us, you must sign up at ITT. For more information or tickets stop by ITT or call (901) 874-5652/5455, 1-800-779-4252.



Ellison Recreation Center
Bldg S-499 Open 7 days a week!
Monday- Friday, 9 a.m.-10 p.m.,
Saturday 12-10 p.m.
Sunday and holidays 2 p.m.-10 p.m.
(901) 874-5650

Note youth are welcome when accompanied by their sponsor 9 a.m.-4 p.m. Patrons must be 18 and older to use this facility after 4 p.m. Sponsors must remain with their children at all times.

The staff at the Ellison is doing a terrific job of creating a relaxing and inviting atmosphere for you to enjoy. This center offers a thirty-six seat theater, TV lounge, billiards, ping pong tables, darts, PS2 and XBOX game systems and various board games.

Also featured is a six-station computer center with Internet access. Special activities and events conducted throughout the year include tournaments, Navy Motion Picture Program, MOSA Single Sailor Dinners, Shuttle trips to local Memphis entertainment and shopping centers, day trips and ticket give-a-ways. Stop by to see what's the next big event going on. Ellison Recreation Center is open to all MWR authorized patrons. However this center is the home of the "Liberty Program" ("Single Sailor Program") and you must be 18 or older to participate in activities unless otherwise stated.

Movie Theater: Enjoy a free picture show in our 36-seat movie theater. Take your choice from our list of over 300 movies. Check out "Coming Attractions" display at the center for schedule. See calendar below for upcoming schedule.

Computers and Internet Access: Our computer room features six (6) user friendly PC stations with Windows operating systems and Microsoft Office software. Access your existing email

accounts with internet mail service. Wireless internet connection available.

Gameroom: Challenge a friend to a game of pool, ping pong, fooseball or one of many board games available.

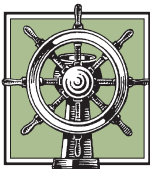
Arcade: A variety of amusement machines are available. Enjoy the PS2 and X-Box game systems. We offer Xbox live & PS on line for added excitement. We have the latest games including Madden 2005, NBA 2005, Def Jam Fight for NY, NCAA 2005, WWE Smack Down vs Raw, and NASCAR 2005 just to name a few.

Library: Enjoy a current issue of a magazine or a local paper or check out the USA Today, or Washington Post. We also have a paperback book exchange.

Snack bar: Let your taste buds go wild with a variety of snack foods and beverages all at a low cost. Additional beverages available for those 21 and older.

Trips and Events: Ellison schedules trips and events throughout the year. Stop by to see what's the next big event going on.

... Dining...



at the HELMSMAN COMPLEX

Bldg. S-760 Navy Mid-South....for information call 874-5132

Join us for lunch and more!
Lunch served 10:30 a.m.-1 p.m.
Monday - Friday

(See calendar below for daily buffet entree menu.)

\$5.25 Value Spotlight

Daily Plate Lunch special

Your choice of one of the entree items from the buffet, one starch, one vegetable and a side salad or cup of soup with rolls plated from the buffet selections by your server.



Call 874-5356
and get it "to go"!

July A-La-Carte Lunch Specials

- #1 Chicken or Tuna Salad \$ 5.25
- #2 Mandarin Chicken Salad \$ 5.00
- #3 Hamburger Club \$ 5.00
- #4 Chicken Philly Sub \$ 5.25

Mongolian BBQ

Friday, July 21
5 - 8 p.m.

An array of meats, vegetables and sauces cooked to your liking served with rice and rolls. Choose ... turkey, pork, beef, shrimp, green cabbage, bean sprouts, water chestnuts, celery, red/green and white onions, bamboo shoots, snow peas, carrots, mushrooms, pineapple and jalapeno peppers.

Cost: 60 cents per oz.

SUNDAY CHAMPAGNE BRUNCH

July 16, 11 a.m.- 1:30 p.m.

Menu includes carved top round of beef au jus, Tennessee pit smoked ham, southern fried chicken, mashed potatoes with gravy, candied yams, green beans, corn Obrien, eggs cooked to order, sausage, bacon, grits, hash browns, French toast, biscuits, rolls, coffee, tea, orange juice, and champagne.

Adults \$8.95
Children age 5-10 half price
Children under 5 eat free

IN THE COMING WEEK!

JULY 6 - 15, 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><p>Enjoy a FREE picture show in our 36-seat movie theater. Popcorn and snacks available. All shows start at 7 p.m. unless otherwise specified.</p><p><i>Ellison Recreation Center is open to active duty, retired, reserve military members, DoD employees and their family members. Patrons must be 18 years or older to attend.</i></p></div>	<div><p>9</p><p>Helmsman Lunch Buffet Country Fried Steak Meatloaf</p><p>10</p><p>New! Yoga Class Every Monday and Wednesday 5:30 p.m.-6:30 p.m. at Joe Dugger</p><p>Group Fitness Classes are offered Monday-Saturday at Joe Dugger Call 874-5497 for information</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Just My Luck -PG</i></p></div>	<div><p>Helmsman Lunch Buffet Oven Roasted Chicken Roasted Pork Loin</p><p>11</p><p>BINGO 4-10 p.m. Bingo Hall!</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Thank You For Not Smoking -R</i></p></div>	<div><p>Helmsman Lunch Buffet Southern Fried Chicken Beef Stroganoff</p><p>12</p><p>New! Yoga Class Every Monday and Wednesday 5:30 p.m.-6:30 p.m. at Joe Dugger</p><p>Family Recreation Night 5:30-7 p.m. at Youth Center Call 874-5155 for details!</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Larry The Cable Guy: Health Inspector -PG</i></p></div>	<div><p>Helmsman Lunch Buffet Roast Beef Pit Smoked Ham</p><p>6</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>16 Blocks -PG 13</i></p></div>	<div><p>Helmsman Lunch Buffet Fried Catfish Fried Shrimp</p><p>7</p><p>BINGO 4-10 p.m. Bingo Hall!</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>The Bench warmers-PG</i></p></div>	<div><p>Ballet, Jazz and Tap Class every Sat. 8 a.m.-12 p.m. at the Conference Center</p><p>8</p><p>FAMILY MOVIE DAY! Ellison Rec. Center 1 - 4 p.m. (Movie begins at 1:30 p.m.) <i>The Wild -G</i></p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Just My Luck -PG</i></p></div>
	<div><p>9</p><p>Group Fitness Classes are offered Monday-Saturday at Joe Dugger Call 874-5497 for information</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Just My Luck -PG</i></p></div>	<div><p>Helmsman Lunch Buffet Country Fried Steak Meatloaf</p><p>10</p><p>New! Yoga Class Every Monday and Wednesday 5:30 p.m.-6:30 p.m. at Joe Dugger</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>V For Vendetta -R</i></p></div>	<div><p>Helmsman Lunch Buffet Oven Roasted Chicken Roasted Pork Loin</p><p>11</p><p>BINGO 4-10 p.m. Bingo Hall!</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Thank You For Not Smoking -R</i></p></div>	<div><p>Helmsman Lunch Buffet Southern Fried Chicken Beef Stroganoff</p><p>12</p><p>New! Yoga Class Every Monday and Wednesday 5:30 p.m.-6:30 p.m. at Joe Dugger</p><p>Family Recreation Night 5:30-7 p.m. at Youth Center Call 874-5155 for details!</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Larry The Cable Guy: Health Inspector -PG</i></p></div>	<div><p>Helmsman Lunch Buffet Roast Beef Pit Smoked Ham</p><p>13</p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>Lucky Number Slewin -R</i></p></div>	<div><p>Ballet, Jazz and Tap Class every Sat. 8 a.m.-12 p.m. at the Conference Center</p><p>15</p><p>FAMILY MOVIE DAY! Ellison Rec. Center 1 - 4 p.m. (Movie begins at 1:30 p.m.) <i>Brother Bear -G</i></p><p>Free Movie 7 p.m. at the Ellison Rec. Center <i>he Sentinel -PG</i></p></div>

2006 INDEPENDENCE DAY MESSAGE



JCS Chairman
Peter Pace

July Fourth marks our 230th year as a nation. Our founders envisioned this great nation as a democracy, a concept that has come to define

From the Chairman, Joint Chiefs of Staff

America. To echo the words of President Ronald Reagan, "Independence Day is more than just the birthday of a nation. It serves as the commemoration of a revolution that changed the very concept of government."

The citizens of the United States can be proud of our rich heritage. Throughout our history, America has undergone many struggles to preserve our way of life.

We have gone to battle to fight for freedom wherever and whenever necessary. Today is no different. We are fully engaged in a fight against terror. To America's soldiers, sailors, airmen, Marines and Coast Guardsmen, and especially your families, thank you for meeting the challenges of the War on Terrorism and for protecting the principles that guide our great Nation.

The Joint Chiefs and I wish you and your families a safe and happy Independence Day. We honor your tremendous sacrifice to our country, and we are extremely proud of your contribution to keeping our country safe.

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GREENK



CNRC CHANGE OF COMMAND

Rear Adm. Jeffrey L. Fowler (Left) and Rear Adm. Joseph F. Kilkenny participate in a change of command ceremony held at the Pat Thompson Center last Thursday. Fowler was relieved by Kilkenny as commander, Navy Recruiting Command. (Photo by MC3 Joseph M. Bulliavac)



All Kids Golf Club

Glen Eagle Golf Course sponsored a Junior Golf Camp recently to introduce a lot of local children to the game of golf. "We wound up with more kids than anticipated," said PGA professional "Duke" Ellington (back row, second from right). "But we were able to accommodate them all and had a very good couple of weeks of golf." Each of the children were given individual instruction by Ellington and assistant golf professional Brandon Mendes (back row, left) focusing on putting, iron play and driving. For information on future camps and other golfing events, call the Glen Eagle Pro Shop at (901) 874-5168. (Photo by Steve Hendrickson)

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Many have forgotten what "1776" means to Our Country Not **CANNON CHIROPRACTIC CENTER**, we're bringing it "Back"

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* Over a \$200.00 Value!
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WORD SEARCH

Y H D S B I G F I S H A S Z B	APARTMENT
F D F R Q L H T K T T C N Q X	CHURCH
L G E O D B O Y V F H L T T N	CONDO
K Z S M E U S C O O O V Q F T	DUPLEX
Z O Z S M C P Z O L Z L W C N	FLAT
Q Z U T R A I L E R C S O T P	GYM
C O O A D O T F E P K N N M G	HOSPITAL
H K P K H T A L F X D E F O I	HOUSE
U E M O H E L I B O M T U J M	LIBRARY
R A Y S O W E B K T L I L X M	LOFT
C D G O G I C R R N Y U O A G	MOBILE HOME
H Y Z A H O D A B E L E A G M	OFFICE
I X X R M L P R K I L Y Y V Z	SCHOOL
R D H K D A T Y U K Y H P Y P	SKYSCRAPER
L U S X A I G S N B H H T Q W	TRAILER

The word search is brought to you by the following sponsor:

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(Adding Days In July)

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What’s bugging you?

By CLIF OLIVER

I was driving into work this morning, thinking about an article for the BlueJacket. What aspect of “safety” has not been publicized lately? Operational Risk Management (ORM)? Naw, we had that at a recent NSA all-hands. Driving? Nope, just did a base-wide free Memorial Day vehicle inspection campaign. Heat stress? Maybe, but telling people to use common sense when it’s hot isn’t a new idea.

And then it hit me, WHAM. No, not an article idea but this bug. “Katy” must have been flying towards my truck at Mach 2 when she punctured the turbulence of air moving by my partially open driver’s window. If her trajectory were from directly ahead, Katy would have just been another bug on the windshield. But no, this green flying machine made her attack from my 10 o’clock.

My first notice of Katy was her glancing impact on my sunglasses, in the center of the left lens. Without a doubt I know that those sunglasses prevented me losing vehicle control at 55mph on a multi-lane highway. So now you can pretty well guess what my article is about - your eyes.

Yeah, we all know that we’re supposed to wear protective eyewear while using a grinder, weed eating, hammering nails, pouring chemicals, etc. Navy regulations mandate eye protection. OSHA issues monetary fines if you don’t wear eyewear when you’re supposed to. Even the owner’s manual for your lawn mower warns you about eye hazards. GEESH! There are enough regulations already telling us what to do to protect ourselves. You may have asked yourself; “Why are there so many rules about eye safety?” Here’s your answer.

Every May in the United States, all ophthalmologists and other doctors are encouraged to participate in the “Eye Injury Snapshot Project.” In May 2005, 990 of these professionals reported treating nearly 1,000 eye injuries, 88 percent of which were accidental.

The Eye Injury Snapshot is a study that identifies the nature of eye injuries. In the spring of 2005, participating doctors from across the country, including ophthalmologists and emergency, pediatric and family physicians, submitted anonymous

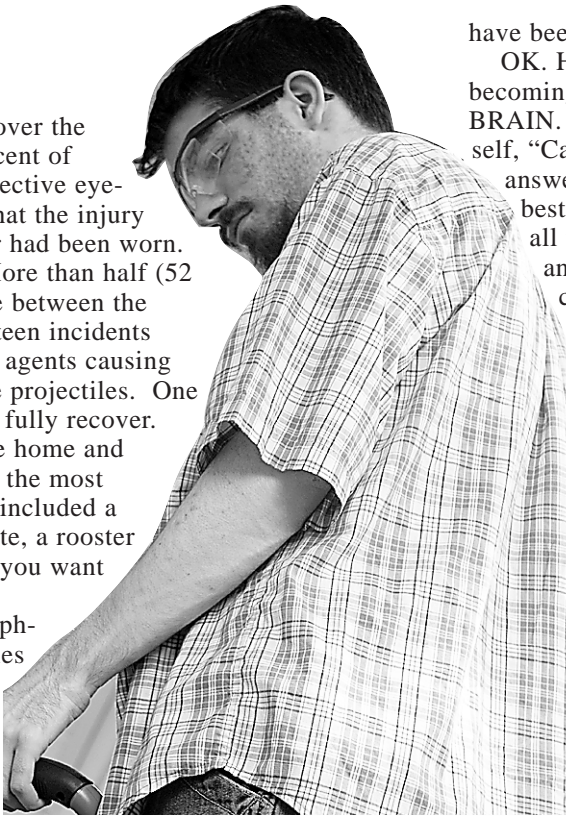
reports of eye injuries they treated over the course of one week. Nearly 70 percent of those injured were not wearing protective eyewear, and most of the doctors felt that the injury could have been avoided if eyewear had been worn. You want more statistics? Sure! More than half (52 percent) of the patients treated were between the ages of 18 and 45. Only one in sixteen incidents involved injuries to both eyes. The agents causing the largest numbers of injuries were projectiles. One in five patients was not expected to fully recover. Most of the injuries happened in the home and occurred in the afternoon. Some of the most unusual injury-causing instruments included a cookie, a green peach, a pomegranate, a rooster beak, and a moose (keep reading if you want the rest of that story).

Here’s the GOOD news - Most ophthalmologists felt that the eye injuries they examined and treated could have been avoided if the patients had worn appropriate protective eyewear. More than four in five also thought that the injuries could

have been avoided with patient education.

OK. Here’s the “education” to help you avoid becoming a “patient”. Step one: ENGAGE THE BRAIN. Before you begin any activity ask yourself, “Can doing this injure my eyes?” If the answer is “yes” then ... Step two: “What’s the best way of protecting my eyes?” Sometimes all you need to do is put distance between you and the hazard. For example, when applying charcoal lighter fluid on dry, cool coals do it at arm’s length. Often though you’ll need to use protective eyewear, which brings us to step three: “What type of eye protection?” Will cheap sunglasses be adequate or do I need better impact resistance? Grass trimmers spin at high speeds (7,500 rpms on some models) and a small rock at that speed can penetrate those stylish shades you wear. Step four: Execute your plan and wear the protection. After you get hurt it is too late to put on the eyewear.

That’s it. Oh, about that moose. A driver struck a moose who decided to cross the road at a bad time. Flying debris in the car found its way into the driver’s face and eyes.



FIRST INDEPENDENCE DAY



Patricia Angulo, an employee at the NSA Mid-South Navy Exchange, celebrated her first Independence Day holiday on Tuesday as a U.S. citizen. Angulo took the Oath of Citizenship on June 15. (Photo by Art Frith)

NAVY NO. 88 SETS SAIL IN THE WINDY CITY

By JEFFREY NICHOLS
NAVY RECRUITING COMMAND PUBLIC AFFAIRS



NEX patrons had an opportunity last Thursday to get up close and personal with a replica of the no. 88 NASCAR Busch Series car, which is driven by Mark McFarland. The car was on display at the NEX entrance following the Navy Recruiting Command's change of command ceremony. (Photo by Art Frith)

The no. 88 Navy “Accelerate Your Life” Chevrolet Monte Carlo SS heads to the Chicagoland Speedway to participate in the USG Durock 300 in Joliet, Ill., July 8.

During the Busch Series race at Milwaukee on June 24, the Navy no. 88 car, driven by Mark McFarland, got caught in a multi-car crash that severely damaged the car and injured McFarland. As of today, the extent of McFarland’s injuries makes it uncertain whether he will be able to compete in the Chicagoland race. Martin Truex Jr. is scheduled to replace him at the Daytona Race on June 30.

The fleet honoree for the race will be the Navy fast attack submarine USS *Chicago* (SSN 721). The operation, upkeep and entire effectiveness of the submarine is carried out by 140 enlisted men and officers. Pearl Harbor has been *Chicago*’s homeport since 1997.

As of the Milwaukee June 24 race, McFarland is currently in 21st place in the Busch Series standings. The Chicago race will be televised live at 3 p.m. on WHBQ channel 13, WGKX FM-105.9 (Kix 106), and XM channel 144.

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